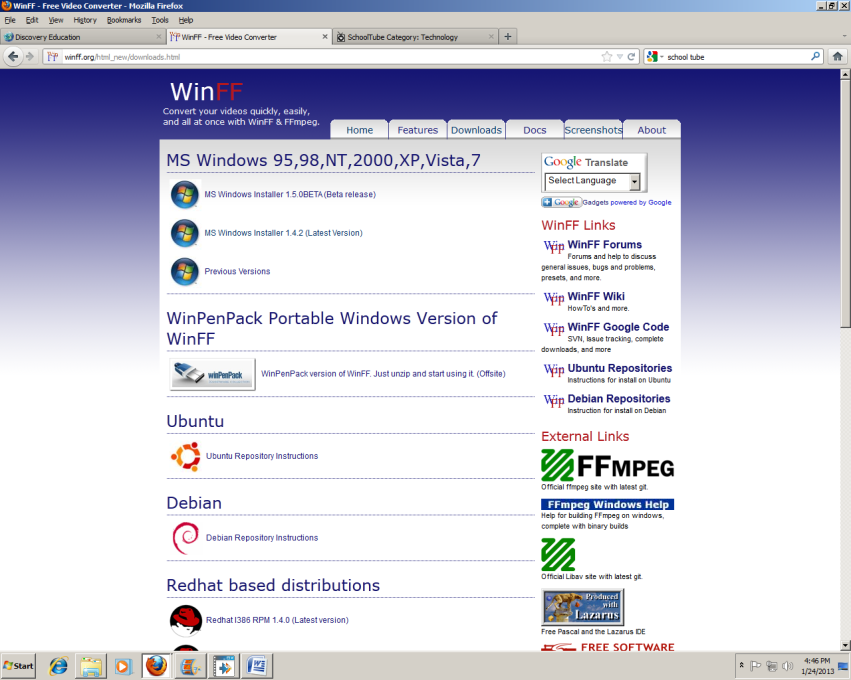
Visit: <http://winff.org/html_new/>

1. Go to **Downloads** tab



1. Select [MS Windows Installer 1.4.2 (Latest Version)](http://winff.googlecode.com/files/winff-1.4.2-setup.exe)
2. **Download** the file, then **run** the file
3. Converter window will look like this:



1. **Add the video** you’d like to convert (the QuickTime movie)
2. Select what you’d like to convert it to: **MPEG-4**
3. Under Preset, select **MP4 Fullscreen**
4. Choose where you would like to save the new file under **Output Folder**
5. Click **Convert**